

In Touch



MorningStar Senior Living of Boise

DECEMBER 2018

AT YOUR SERVICE

Department Heads

Janine Sawaya

Executive Director

Becka Stankowski

Business Office Manager

Sylvia Nierling

Director of Community Relations

Debra Gates

Wellness Director

Mo Vasi

AL Coordinator

Joseph Mount-Walker

Executive Chef

Koryna Rosalez

Dining Room Supervisor

Ed Selimovic

Maintenance Director

Debra Morrow

Life Enrichment Coordinator

From the Executive Director

As many of you may or may not know, I do not watch much TV. The one big reason is time. But one show that I try never to miss is CBS Sunday Morning. I've watched this program when Charles Kuralt (1979-1994) was the anchor followed by Charles Osgood (1994-2016) and now with Jane Pauley who took over in 2018.

I love this show as it is one of the very few shows on the air that gives you news, politics, (whether you agree or not), historical events, famous people, show business and the arts. But producers somehow always bring you a heartwarming-bring tears to your eyes story of kindness seen throughout our great country.

This past Sunday was a story of a veteran who at the age of 23 while serving in Viet Nam received a letter from a 6th grader thanking him for his service. The Veteran who was blessed and did come home treasured and kept that letter. Recently his family located that 6th grader who now was in her sixties and he was able to thank her in person and gave her a big hug! According to the Veteran the letter helped him get through some very tough times wondering if he would see another sunrise or sunset.

I share this with you as the story brought back a huge memory to my junior year in High School as our class also wrote letters to the soldiers in Viet Nam. I remember getting a tape recording from the soldier thanking me for taking the time to write to him and how much it meant to him. As a seventeen year old the Viet Nam war seemed so far away. It came all too close to home as I would loose my brother in the Viet Nam War December 15, 1967 as a senior in High School.

It is important to thank our service members throughout the year but especially during this holiday season. One way is to take a look at our Veterans Wall and thank a veteran for their service. These are war heroes who live among us at MorningStar. Monetary thanks is great but not necessary...for the men and women who serve countless hours spending time away from friends and family keeping US safe, lets remember to pray for their safe return and for the huge sacrifice of their families.

While we all celebrate this wonderful season let us pause and remember the MorningStar family and friends that we have lost this past year. Let us be blessed with knowing and caring about each other as we end 2018 and enter 2019.

I wish each of you and your family a Merry Christmas and Happy New Year. *Janine*



Our Mission

Christmas should be a joyful time of the year!

But with all the hustle and bustle, and long to-do lists, it can be very stressful. Joy is a feeling, not an event. When we lower our expectations, serve others, forgive, turn worries into wonder and focus on the good, then Christmas is a joyful time of the year!

Our December Spirit Award Winner Ernie is a great example of expressing joy and Radiant serve to others!

- Honor God in our business practices and relationships
- Value all seniors as gifted, contributing individuals
- Invest generously in our team members' ability to serve well

— Service Becomes Us —

MorningStar Residents and Staff give back to the community by taking phone pledges at the telethon.

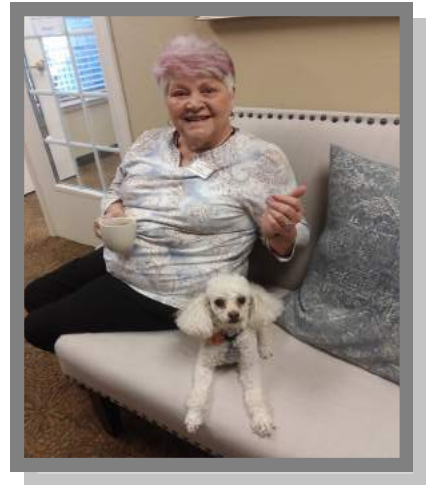
* John * * Dravin Eileen Joseph * * Sandy Sylvia *



**PBS
TELETHON**



Welcome Home
At MorningStar
pets are family too!
<Helen & Hannah
Norma & Jake >



Celebrating Life



Richard B celebrating his 100th Birthday in the Bistro!

Hear ye! Hear ye!

Music, Entertainment and Events!

- December 1st 10:00am** Motions Dance Studio - performing in the large dining room
- December 2nd 6:45PM** Josephine Spicer -performing in the large dining room
- December 4th 6:45PM** R & R Inspirations-performing in the large dining room
- December 5th 2:30PM** Idaho Old Time Fiddlers - performing in the large dining room
- December 6th 6:45PM** The Boise Choristers- performing in the large dining room
- December 7th 4:30PM** Spencer Music— performing in the small dining room
- December 7th 6:45PM** Michael McCormic Music- performing in the large dining room
- December 8th 2:30PM** Dreamers Duo- performing in the large dining room
- December 8th 6:45PM** Swensen Piano Studio— performing in the large dining room
- December 9th 2:30PM** Aspen River Group — performing in the large dining room
- December 10th 9:45 AM** Music History-performing in the large dining room.
- December 11th 6:45PM** Judy Blessing- in the large dining room
- December 14th 6:45PM** Rolando Piano Music— performing in the large dining room
- December 15th 6:45PM** Jill Call Piano Studio— performing in the large dining room
- December 16th 6:45 PM** Sylvia Hunt Piano- performing in the large dining room.
- December 17th 6:45 PM** Two or More Music- in the large dining room
- December 18th 2:30 PM** The Entertainer's Duo-performing in the large dining room
- December 19th 6:45 PM** Eagle High Honor Society -performing in the large dining room
- December 20th 2:30 PM** A Visit From Mrs Claus-performing in the large dining room
- December 20th 6:45 PM** Reith Family Quartet -performing in the large dining room
- December 21st 10:00 AM** Single Car Garage & MS Ukulele Class-performing in the large dining room
- December 21st 4:30PM** Spencer Music— performing in the small dining room
- December 22nd 2:30 PM** Freudian Slip-performing in the large dining room
- December 22th 4:30 PM** Rachel on the Harp- performing in the small dining room
- December 23rd 6:45 PM** The Detweiler's Christmas Concert-performing in the large dining room
- December 24th 4:30 PM** The Brown's Christmas Eve Show- performing in the large dining room
- December 26th 6:30 PM** 12 Days of Christmas Bingo- in the large dining
- December 30th 6:45 PM** Sean Rogers Piano-performing in the large dining



Health & Wellness at MoringStar

- 1. Get your flu shot** Regardless of how you may feel about needles, chances are you'll like the flu even less. Especially for seniors who live in senior living communities, where they come into contact with dozens of people every day, taking this early and important measure to guard against illness is essential.
- 2. Keep it clean** Winter means illness, and, by extension, germs. Staying clean is essential. Whether you're scrubbing after you sneeze, washing up before a meal or simply washing your hands as a regular part of your day, keeping your hands clean and free of germs can go a long way toward remaining healthy.
- 3. Dress warmly** Even if you're not spending much time outside this winter, it's important to make sure you dress for the cold. Even indoors, dress in layers and keep blankets handy as a quick way of adding extra warmth if it's required. Slippers or wool socks can be a senior's best friend in the winter months. If you do plan on venturing outside, bundling up is essential. A scarf, hat, gloves and a heavy coat should be worn to make sure that no skin is left exposed to the cold air.
- 4. Stay active** Colder weather can put more of a strain on the heart, even in healthy seniors. You may be looking forward to getting out and staying active this winter - if so, that's great! - just make sure that you give yourself time to do extra warm-up exercises so you don't overwork yourself! Better yet join one of our indoor exercise classes or walking group!

Life Around Our House



Rosie the Riveter made a special visit with her beau to honor our Veterans!

Ann, Barbara and family enjoying our Thanksgiving Feast!

Come Join Us



Outings.....

- December 1st – **1:30pm** Hobby Lobby - Shopping
- December 2nd – **6:15pm** Christmas Concert in Kuna – Special Christmas Concert
- December 4th - **9:30am** Idaho State Capitol – Special Christmas Tour
- December 7th – **10:00am** Barnes & Noble – Shopping and Coffee
- December 8th - **1:30pm** ROSS - Shopping
- December 11th - **9:30am** Idaho State Capitol – Special Christmas Tour
- December 11th - **6:00pm** Boise Chordsmen – Special Christmas Show
- December 13th– **6:30pm** Christmas Lights Bus Tour - Hot Chocolate & Cookies too!
- December 15th - **1:30pm** Kohl's on Eagle Road- Shopping
- December 18th - **11:15am** Bella Aquila – Lunch Out
- December 18th– **6:30pm** Christmas Lights Bus Tour - Hot Chocolate & Cookies too!
- December 19th – **10:00am** Wreaths Across America – Veteran's Cemetery Tour
- December 21th– **9:45am** Mall- Shopping
- December 27th - **10:00am** Pastry Perfection – Coffee & Donuts

Special Holiday Events

- December 6th – **3:00pm to 6:00pm** Christmas Open House – Bistro
- December 6th– **2nd Annual Festival of Trees – Voting and Bidding Begins!**
- December 12th – **2:30pm** Tea on the Titanic – large dining room
- December 13th – **2:30pm** Resident & Staff Christmas Party – large dining room
- December 15th – **10:00am to 3:00pm** Holiday Bazaar – Bistro
- December 16th – **1:00pm to 4:00pm** Christmas Open House – Bistro
- December 20th – **11:30am (AL) & 12:00pm (IL)** Residents Christmas Lunch
- December 20th- **Festival of Trees - Favorite Tree and Auction Winners Announced!**
- December 31st – **1:00pm to 3:00pm** New Year's Photo Booth – Bistro
- December 31st – **4:30pm (AL) & 5:00pm (IL)** New Year's Eve Champagne Dinner

- 12/1 Esther C
- 12/1 Patti P
- 12/1 Richard B
- 12/6 Una R
- 12/6 Reo W
- 12/6 Phyllis B
- 12/9 Curtis F
- 12/11 Joan W
- 12/12 Donna P
- 12/12 Carmen N
- 12/13 Sylvia G
- 12/14 Terry M
- 12/14 Mary P
- 12/15 Helen G
- 12/16 Viola C
- 12/18 Elda N
- 12/19 Gerry F

